

# Mainstream health or social services engaging with Aboriginal and Torres Strait Islander families and children

## Learning Pathway

### Start your learning here

Mental health is a vital component of a child's development and lifelong wellbeing. These courses have been developed to build your knowledge of child mental health and the opportunities you have to improve child outcomes.

1 HR	<b>Understanding child mental health</b> This course explores mental health for children aged 0-12 years. It will help practitioners to identify the facts that support positive mental health in children.
3 HR	<b>Intergenerational mental health</b> This course supports professionals to apply an 'intergenerational lens' to their work, to better understand histories and impacts of family disadvantage.
1 HR	<b>The impact of trauma on the child</b> This course introduces key understandings about trauma and adversity, and their impact on children.
4 HR	<b>Supporting children who have experienced trauma</b> This course aims to use trauma-informed practice to study the detail and skills of therapeutic engagement.
2 HR	<b>Engaging with parents</b> This course focuses on ways to actively and effectively engage with parents about their children's social and emotional wellbeing.
1 HR	<b>Engaging with children</b> This course introduces the concepts of engaging children as partners in practice, as a foundation for responding to child mental health concerns.
1.5 HR	<b>Working with First Nations families and children - A framework for understanding</b> This course is designed to assist non-Aboriginal practitioners to develop the skills and understanding to build genuine partnerships.

### Courses tailored to your needs

These courses introduce practice-based learning and application to match the specific challenges your sector faces.

1 HR	<b>Using Aboriginal cultural knowledge systems to strengthen families' resilience</b> This course provides a framework to help guide you in your work with Aboriginal and Torres Strait Islander families, using the Aboriginal Cultural Knowledge Systems to Strengthen Families' Resilience yarning cards and tools.
1.5 HR	<b>Healing through voice, culture and Country</b> This course provides a framework to help guide you in your work with Aboriginal and Torres Strait Islander families where family and domestic violence (FDV) is a concern, supporting children's social and emotional wellbeing in culturally responsive ways.
4 HR	<b>Improving the social and emotional wellbeing of Aboriginal and Torres Strait Islander children</b> This course uses a positive, strengths-based, 'hope-inspired' focus to support work with Aboriginal and Torres Strait Islander children and families, reinforcing their connections, strengths and skills.
4 HR	<b>Healing the Past by Nurturing the Future: Working with Aboriginal and Torres Strait Islander families</b> This online learning course is designed for non-Indigenous perinatal care providers working with Aboriginal and Torres Strait Islander parents and their children.

### Supporting resources

The following resources are specific to your practice setting and support the knowledge gained throughout the courses we've recommended. Make sure to save your favourite resources by adding them to My List when you're logged in.

	<b>Working with Aboriginal and Torres Strait Islander families and children Toolkit</b> This toolkit has been developed to support non-Aboriginal practitioners in mainstream organisations to engage with First Nations families.
	<b>Culturally informed trauma-integrated healing practice parts 1 and 2 Podcast</b> Judy and Caroline Atkinson share information and practical skills that can support mainstream professionals working with First Nations children and their families/communities.
	<b>Aboriginal children and the effects of intergenerational trauma Webinar</b> This webinar explores the effects of intergenerational trauma on Aboriginal and Torres Strait Islander children and families, and outlines current research on the importance of cultural competence.
	<b>Aboriginal and Torres Strait Islander wellbeing In focus</b> A snapshot highlighting the importance of practitioners embracing the principles of self-determination and recognising, understanding and embedding cultural healing practices in the support they provide.
	<b>The Whole Aboriginal and Torres Strait Islander Child Video</b> This video offers a glimpse into the deep connections First Nations peoples have to Country, culture, spirituality, family and community.

To view all e-learning courses and resources visit

[learning.emergingminds.com.au](https://learning.emergingminds.com.au)

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